

# Delaware Becoming an Outdoors-Woman Program

## Registration Packet



**Deadline for receipt of registration is Sept. 6, 2019**



**Please complete all information:**

Page 1 Registration Form

Page 2 Meals & Lodging

Page 3 Health/Emergency Form

Page 4 Liability Form

Pages 5-6 Course Selections

*Registration will  
not be confirmed  
until all forms are  
complete!*

**Sept. 20-22, 2019  
at Lums Pond State Park**

1068 Howell School Rd.  
Bear, DE 19701

*\*Only one person may register per form.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone Number(s): \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Payment:**

You may choose to register for the full weekend event, or Saturday only. Registration fees cover lodging, food, supplies, etc.

- **Full Weekend Fee:** \$140
- **Saturday Only Fee:** \$110

*\*If registering for zip lining, please send a separate check for \$45  
(check should be made to DE Division of Fish & Wildlife—BOW)*

**Please make checks/money  
orders (NO CASH) payable to:**

**DE Division of Fish and  
Wildlife - BOW**

**Please send the completed registration form (Pages 1-6) with payment to:**

DE Division of Fish and Wildlife - BOW, 2992 Lighthouse Rd., Milford DE 19963

**\*\* A FAX OR EMAIL *WILL NOT* HOLD YOUR PLACE IN THE COURSES YOU SELECT.  
REGISTRATIONS WILL BE PROCESSED WHEN THE WORKSHOP PAYMENT IS RECEIVED IN OUR  
OFFICE.**

**Registration fees cover costs necessary to host this event (lodging, food, supplies, etc.). Therefore,  
no refunds will be given after the registration deadline has passed.**

**For Registration Questions Contact:** (302) 422-1329 or email [lynne.pusey@delaware.gov](mailto:lynne.pusey@delaware.gov)

**(Return this page)**

# MEALS

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles as well. If you have any special dietary requirements, please feel free to bring your own food. Vegetarian options will be available.

Will you require vegetarian options for your meals? ☐ YES ☐ NO

Please list any other dietary restrictions or concerns: \_\_\_\_\_

---

# LODGING

Primary lodging this year is tent camping. Tents can be provided if you do not own one. You will be assigned a campsite upon your arrival and campsites will be shared with other participants. Tents provided by the BOW program will comfortably sleep two individuals. If you request use of a BOW tent you will be placed with another participant unless a tent partner is specified in advance.

Camping and meals will be at Area 4 inside Lums Pond State Park. There is a facility onsite with restrooms only. The BOW program will be providing scheduled shuttle runs to the campground each day for participants who wish to use the shower facilities.

☐ **Please assign me a campsite at Area 4**

☐ I will be bringing my own tent

☐ I will need to use a BOW program tent

*\*Each BOW tent will accommodate two individuals. If there is another BOW participant you would like to share a tent with please list their name below. Otherwise, another BOW participant will be assigned to your tent.*

◇ I would like to share a BOW tent with the following participant:

\_\_\_\_\_

☐ **I will be participating in Saturday only and will not need overnight accommodations**

# Participant Health & Emergency Contact Form



Name: \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

### *Primary Contact:*

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone number (day) \_\_\_\_\_ (evening) \_\_\_\_\_

### *Secondary Contact:*

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone number (day) \_\_\_\_\_ (evening) \_\_\_\_\_

## PRIMARY CARE PHYSICIAN

Physician's Name: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Physician's Phone number: \_\_\_\_\_

## CONDITIONS THAT MAY AFFECT YOUR PARTICIPATION IN THIS WORKSHOP

Please list any allergies, medical conditions, and/or physical limitations that apply.

---

---

---

## MEDICATIONS

List medications the BOW Staff would want to report to trained medical technicians in the event of an emergency. This would assist trained technicians if they need to retrieve, administer, or be aware of interactions with other medications.

---

---

---

*Please be sure to update the BOW staff upon arrival if there are any changes or additions to the information above.*

**(Return this page)**



**DELAWARE DEPARTMENT OF NATURAL RESOURCES &  
ENVIRONMENTAL CONTROL  
DIVISION OF FISH & WILDLIFE**



UNIFORM STATEMENT OF RESPONSIBILITY,  
RELEASE AND AUTHORIZATION  
TO PARTICIPATE IN  
DELAWARE BECOMING AN OUTDOORS-WOMAN® PROGRAM

Whereas, I desire to participate in the Becoming an Outdoors-Woman Program sponsored by the Delaware Division of Fish & Wildlife (DNREC), and the Division has approved my participation in the program during the period of September 20-22, 2019, I hereby agree as follows:

- I assume full legal and financial responsibility for my participation in the program.
- I grant the Division, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the Program including authorizing medical treatment on my behalf and at my expense.
- I understand that the activities performed throughout the Program can be vigorous and require variable fitness levels. I attest and verify that I am physically fit to participate in the various activities offered through the Program. A medical examination and/or physician's approval is encouraged prior to starting any exercise/activity program.
- Accident and health insurance are recommended for my participation in the Program and the Division encourages me to have appropriate insurance coverage for the specified time period. I understand that the Division is not responsible for injuries or health problems that may occur while participating in the Program or using any of the equipment.
- I agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the Division;
- I understand and agree that my participation in the Program may be terminated by the Division with no refund of fees if I fail to maintain acceptable standards of conduct as established by the Division.
- I understand and agree that the Division may make changes to the Program at any time and for any reason, with or without notice, and that the Division shall not be liable for any loss whatsoever to Program participants as a result of such changes.
- I voluntarily indemnify and hold harmless the Division of Fish & Wildlife, its staff, its volunteers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the Division while acting within the scope of their employment or agency.
- In the event of the Division's need to cancel the event due to major storms or other hazardous conditions, the Division will notify participants prior to the event and guarantees a full refund of registration fees.
- I understand that no refunds will be given after the event registration closing date has passed.
- I understand that photographs and/or videos may be taken during the Becoming an Outdoors-Woman event and that these photographs/videos may be used for future promotional media to promote and support Delaware's Becoming an Outdoors-Woman event. I waive any right to payment or other compensation for use of said material and waive any right to inspect or approve such material.
- I acknowledge that I have read this document and understand and accept its terms.

---

Participant Signature

---

Date

(Return this page)

## Friday, September 20

### Afternoon Courses

Please identify your top three course choices by numbering your preferences for each course (i.e. 1,2,3...).

Number Preferences 1-3	<b>Session I</b> 3:30pm - 5pm
	<b>Freshwater Fishing</b> <i>*Fishing License Required</i>
	<b>Urban Gardening</b>
	<b>Tree I.D.</b>
	<b>Kayaking Lums Pond</b>
	<b>Horseback Riding Trail Ride</b> <i>*This course requires an additional \$25 fee to be paid to the instructor onsite.</i>

### EXAMPLE

Please **NUMBER** your preferences for each course. Do not use check marks.

Number Preferences 1-3	<b>Example Courses</b> (These are examples for instructional purposes only and will not be offered at this BOW event)
3	Bike Riding
1	Outdoor Grilling
	Nature Journaling
2	Dipnetting
	Wildlife Biology

## Saturday, September 21

### Morning Courses

Number your preferences (i.e. 1, 2, 3...). If you would like to participate in the mentored hunt, place a one (1) in that box only.

Number Preferences 1-3	<b>Session II</b> 8am - 11:30am
	<b>Intro to Rifle</b> <i>*Transport leaves at 7:30am</i>
	<b>Intro to Archery</b> <i>*Transport leaves at 7:30am</i>
	<b>Advanced Birding</b>
	<b>Intro to Fly Fishing</b> <i>*Fishing License Required</i>
	<b>Rock Climbing</b>
	<b>Zip Lining</b> <i>*This course requires an additional \$45 fee to be paid to the BOW program with registration.</i>
	<b>Cooking Your Catch</b>

	<b>Mentored Deer Hunt Part 1</b> <i>Intro to Hunting &amp; Crossbow Shooting</i> 8am - 11:30am
	Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Sept. 15, 2019) and purchase of a hunting license prior to the event.</i>

(Return this page)

## Saturday, September 21

### Afternoon Courses

You may choose TWO 1.5 hour mini courses **OR** ONE 3.5 hour full morning course. Number your preferences (i.e. 1, 2, 3...). If you chose the mentored hunt for your morning course you must also choose it for your afternoon course - place a one (1) in that box only.

	<b>Session 3</b> <b>Full Afternoon Courses</b> <b>1pm - 4:30pm</b>
	<b>Advanced Archery</b>
	<b>Zip Lining</b> <i>*This course requires an additional \$45 fee to be paid to the BOW program with registration.</i>
	<b>Rock Climbing</b>
	<b>Intro to Birding</b>
	<b>Wild Game Cooking</b>

	<b>Mentored Deer Hunt Part 2</b> <b>1pm - 6pm</b>
	Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Sept. 15, 2019) and purchase of a hunting license prior to the event.</i>

	<b>Session 3A</b> <b>Afternoon Mini Courses</b> <b>1pm - 2:30pm</b>
	<b>Native Plant Walk</b>
	<b>Freshwater Fishing</b> <i>*Fishing License Required</i>
	<b>Firearms Cleaning and Maintenance</b>

	<b>Session 3B</b> <b>Afternoon Mini Courses</b> <b>Session II: 3pm - 4:30pm</b>
	<b>Horseback Riding Trail Ride</b> <i>*This course requires an additional \$25 fee to be paid to the instructor onsite.</i>
	<b>Tree I.D.</b>
	<b>Nature Hike</b>

## Sunday, September 22

### Morning Activities

We will be offering 1-1.5 hour activities for full weekend participants. Please identify your top three activity choices by numbering your preferences for each below (i.e. 1,2,3...).

	<b>Morning Activities</b> <b>8am - 9:30am</b>
	<b>Morning Bird Walk</b>
	<b>Morning Hike</b>
	<b>DIY Survival Bracelets</b>
	<b>Introductory Self Defense</b>

(Return this page)

# Event Information

*(please keep this page)*

**Event Location:** Lums Pond State Park—Area 4  
1068 Howell School Rd.  
Bear, DE 199701

## Location at the Park

Event parking, camping, meals, and many of the courses will be at Area 4. Shuttles will be provided for transport to and from courses occurring outside of Area 4.

*\*Please do not contact Lums Pond State Park regarding the BOW program or with any registration questions.*





## Weekend Schedule












Friday, Sept. 28	Noon-2pm	Check-in / Set up tents & campsites <i>Snacks and drinks will be provided but lunch is on your own.</i>
	2:30pm – 3pm	Welcome/Introductions
	3:30pm – 5pm	Instructional Courses
	6pm – 7pm	Dinner
	8pm - 10pm	Evening Campfire and Activity
Saturday, Sept. 29	7am - 7:45am	Breakfast
	8am - 11:30am	Instructional Courses
	12pm - 12:45pm	Lunch
	1pm - 4:30pm	Instructional Courses
	6pm – 7pm	Dinner
	8 - 10pm	Evening Campfire & Activity
Sunday, Sept. 30	7am - 7:45am	Breakfast
	8am - 9:30am	Sunday Morning Activities
	9:30am - 10am	Closing Remarks
	10am—11am	Cleanup & Check-out

*\*Free time is built into the schedule to allow time to explore the park, network with other participants, prepare for upcoming courses, or just relax!*









**(Keep this page)**

# BOW Course Descriptions

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)

Courses	Descriptions
<b>Advanced Archery</b> 	<p>This course is intended for participants who own a compound bow or are planning to acquire a compound bow, and want to learn how to shoot more accurately and at longer distances. Instruction will be provided on shooting form and making adjustments to equipment. Participants should bring their own compound bow (preferred). If you do not own a compound bow, one will be provided for practice.</p> <p><i>*This is not an introductory archery course.</i></p>
<b>Advanced Birding</b> 	<p>Learn the finer bird identification points and how to use sight and sound to more accurately I.D. birds in the field.</p>
<b>Cooking Your Catch</b> 	<p>This course will guide you from catch to pan! Participants will watch demonstrations and participate in learning how to clean, filet, prepare for storage and cook your delicious catch. This is a great opportunity to fully enjoy what our Delaware fishing resources have to offer!</p>
<b>Firearms Cleaning &amp; Maintenance</b> 	<p>Learn basic methods of safely cleaning, storing and maintaining firearms. Specific instruction will be provided for shotguns and handguns. All supplies will be provided.</p>
<b>Freshwater Fishing</b> 	<p>Learn the basics of how to cast, what equipment you'd need to fish on your own, fundamentals of fishing and techniques.</p> <p><b><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></b></p>
<b>Horseback Riding Trail Ride</b> 	<p>Learn basic horseback riding skills and participate in a riding lesson with instruction. This activity is best for participants who are limber, are not afraid of horses, and do not have allergies to horses or livestock. Participants should wear close-toed shoes and long pants.</p> <p><b><i>*Maximum weight limit for this activity is 240 pounds.</i></b></p> <p><b><i>**This program requires an additional \$25 fee to be paid to the instructor at the beginning of the course.</i></b></p>
<b>Intro to Archery</b> 	<p>Learn about basic traditional bows and arrows as well as the equipment that goes along with them. Form, method of release and accuracy will be focused upon while you practice target shooting.</p>
<b>Intro to Birding</b> 	<p>Learn to identify birds through behavior, field marks, and habitat while exploring the grounds within Lums Pond State Park. Binoculars will be provided but participants are encouraged to bring their own.</p>
<b>Intro to Fly Fishing</b> 	<p>Learn about the equipment needed for fly fishing, practice casting a fly fishing rod and try your hand at fly fishing in Lums Pond. This course also includes a demonstration on fly tying.</p> <p><b><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></b></p>
<b>Intro to Rifle</b> 	<p>Learn firearm safety and target shooting techniques with a rifle by participating in hands-on activities with a skilled instructor.</p>
<b>Kayaking Lums Pond</b> 	<p>Learn basic paddling techniques and safety tips for exploring the Lums Pond by kayak. Participants should wear clothes that can get wet as well as water shoes.</p>



Courses	Descriptions
<b>Mentored Deer Hunt</b> <b>Parts 1 &amp; 2:</b> <b>Intro to Hunting &amp; Crossbow Shooting</b> 	<p><b>Part 1:</b> Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt.</p> <p><b>Part 2:</b> Participate in a mentored, managed deer hunt at Lums Pond State Park. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses.</li> <li>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Sept. 15, 2019) and purchase of a hunting license prior to the event. Contact the Hunter Education office with any questions: 302-735-3600.</li> <li>Dress for the weather; boots and camouflage clothing should be worn.</li> <li>If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program.</li> </ul>
<b>Native Plant Walk</b> 	<p>Led by a botanist, this plant walk will provide an introduction to native trees, shrubs and wildflowers found in the forest and wetland areas of Lums Pond State Park.</p>
<b>Nature Hike</b> 	<p>Take a hike with a biologist and see what plants, animals and insects you may discover along the way! Participants will learn about trail etiquette as well as how to prepare for a hike, including what supplies to bring for safety and comfort on the trails.</p>
<b>Rock Climbing</b> 	<p>Discover the basics of outdoor top rope climbing. Get harnessed up and climb on a natural rock wall at Alapocas Run State Park. Course includes instruction on equipment, climbing techniques and safety.</p>
<b>Tree I.D.</b> 	<p>Have you ever wanted to learn how to identify trees? This hands-on session will teach you how to use a common tool used for identifying unknown organisms: A Dichotomous Key. By answering a series of questions about your tree, the key is designed to guide you to its name. All participants will receive a tree key and "Delaware Tree" book to take home. Please dress to be outside.</p>
<b>Urban Gardening</b> 	<p>Learn how to garden in an urban setting, from common challenges to strategies that make the most out of any space. Topics include soil testing, vertical and container gardening, plant selection (ornamental and vegetable) and planning.</p> <p><b><i>*This class includes a planting activity—participants should bring their own vessel (anything that can hold soil and stand upright). Examples: empty shoe boxes, plastic bottles, flower pots, Tupperware, etc. All vessels should be between 4-10 inches across and be at least 4 inches deep.</i></b></p>
<b>Wild Game Cooking</b> 	<p>Take a walk on the wild (game) side! Instructors will discuss different types of game available locally and how to prepare them. Chef Yi Lynne will show you how to create dishes and share recipes you can use after your next hunt.</p>
<b>Go Ape!</b> <b>Zip Lining Adventure</b> 	<p>Get a view of Lums Pond State Park from the treetops! Participants will experience the Go Ape! Treetop Adventure Course and will navigate through the park and even across water using 5 different zip lines.</p> <p><b><i>*This course includes an additional fee of \$45 to be paid to the BOW Program with registration. Please send a separate check with your registration (made out to DE Division of Fish &amp; Wildlife—BOW). As this is a first-come, first-served activity, the course may fill up quickly. If you register for zip lining but the course is already full, a BOW representative will contact you.</i></b></p>

(Keep this page)